

MOTION BY SUPERVISOR MARK RIDLEY-THOMAS

JANUARY 31, 2012

**PROCLAIM AMERICAN HEART MONTH AND NATIONAL WEAR RED DAY  
TO PROMOTE HEART DISEASE PREVENTION**

Nearly 2,200 Americans die of heart disease each day, an average of one death every 39 seconds. Heart disease is the nation's leading cause of death and is the costliest disease with direct and indirect costs estimated to be \$297.7 billion each year. Currently 8 million women in the United States are living with heart disease, yet only one in five American women believes that heart disease is her greatest health threat. Rates of heart disease in Los Angeles County (County) are even more alarming. According to a report by the Los Angeles County Department of Public Health, nearly 8% of all County residents, or close to 800,000 people, are diagnosed with heart disease, 29%, or 2.8 million people, are diagnosed with high cholesterol and 25%, or 2.45 million people, are diagnosed with hypertension.

The good news is that heart disease is predictable, preventable, and treatable.

By increasing awareness, speaking up about heart disease, and empowering residents to be informed, thousands of lives can be saved each year. The research is

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clear that there are preventive strategies, as well as community-based strategies, that can increase survival rates from cardiovascular disease. The American Heart Association is working to improve the cardiovascular health of all Americans with a goal to reduce deaths from cardiovascular diseases and stroke by 20 percent through research, population- and community-level interventions, public health and policy measures.

The American Heart Association is celebrating February 2012 as American Heart Month and promoting education and awareness by encouraging citizens to learn the warning signs of heart attack and stroke. County residents can empower themselves and their communities to prevent heart disease and save thousands of lives each year by doing the following:

- Help save lives by calling 9-1-1 if heart disease symptoms occur;
- Become trained in Cardiopulmonary Resuscitation (CPR);
- Encourage comprehensive automated external defibrillator (AED) programs in Los Angeles County communities;
- Learn their own personal risk for heart disease, using tools such as the American Heart Association's My Life Check, Go Red For Women® Heart Check-Up, Go Red For Women® Better U and by talking to their healthcare provider; and
- Make the right choices relating to proper nutrition, physical activity, and other healthy lifestyle choices that are essential to living a heart healthy life.

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**THEREFORE, I MOVE THAT THE BOARD OF SUPERVISORS:**

1. Proclaim the month of February 2012 as “American Heart Month” throughout Los Angeles County and encourage employees and residents to take action through screenings, healthy lifestyle changes, and awareness to prevent heart disease; and
2. Proclaim Friday, February 3, 2012 as “National Wear Red Day”, urging all Los Angeles County employees and residents to show support for the fight against heart disease by wearing the color red.

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